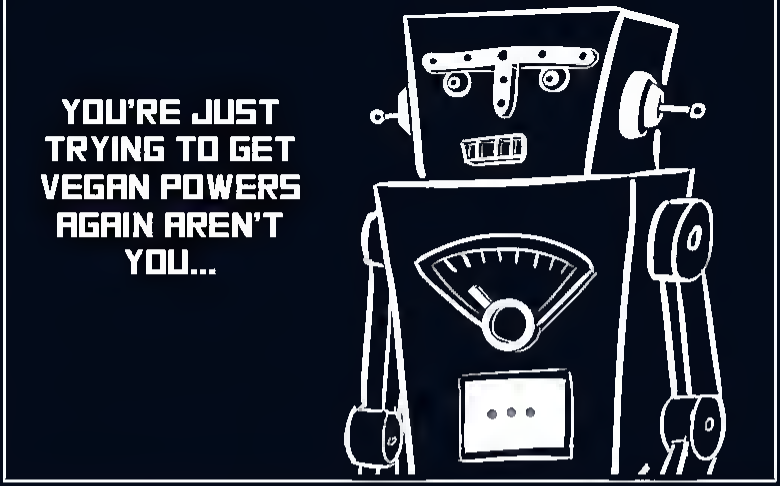
COOKING COMICALLY

WHY ARE YOU MAKING VEGAN FOOD?
?
BECAUSE, YA KNOW, WE SHOULD BE MORE INCLUSIVE AND COOK MORE THINGS THAT EVERYONE CAN EAT AND—


YOU'RE JUST TRYING TO GET VEGAN POWERS AGAIN AREN'T YOU...

... YEH.

INGREDIENTS

THE SLAW STUFF

Shredded Lettuce
~7oz 200g

Vegan Mayo
¼ Cup 55g

Vegan Sour Cream
2 Tbsp 14g

Sugar
1 Tbsp 12g

Lime Juice

1 Tbsp 15ml

Salt

½ Tsp 2g

Pepper

½ Tsp 2g

Garlic Powder

¼ Tsp .5g

Cayenne

½ Tsp 2g

Onion Powder

¼ Tsp 1g

Hot Sauce

A Splash

THE BURGER STUFF

Red Kidney Beans

15 oz 425g

Quinoa

¾ Cup 135g

Old Fashioned Oats

¼ Cup 25g

Habañero

1 diced

Onion

½ small

Garlic

3 cloves

Lime Juice

2 Tbsp 30ml

Molasses

2 Tbsp 30ml

Soy Sauce

1 Tbsp 15ml

Cinnamon

1 Tsp 3g

Pepper

½ Tsp 1g

Salt

½ Tsp 2g

Allspice

½ Tsp 1g

Nutmeg

¼ Tsp 5g

Lemon Thyme

½ Tsp 1g

THE OTHER STUFF

Buns

4

Avocado

1

Canola Oil

1 Tbsp 15ml

TO GET STARTED

THE SLAW STUFF

Shredded Lettuce

~ 7 oz 200g

Vegan Mayo

¼ Cup 55g

Vegan Sour Cream

2 Tbsp 14g

Sugar

1 Tbsp 12g

Lime Juice

1 Tbsp 15ml

Salt

½ Tsp 2g

Pepper

½ Tsp 1g

Garlic Powder

¼ Tsp .5g

Cayenne

½ Tsp 2g

Onion Powder

¼ Tsp 2g

Hot Sauce

A Splash

PLACE ALL OF THE SLAW STUFF IN A BOWL

MIX WELL AND REFRIGERATE

MEANWHILE...

MAKE SOME QUINOA ACCORDING TO YOUR PACKAGE'S DIRECTIONS

STUFF TO CHOP

Onion

Garlic

Habañero

½ small

3 cloves

1 diced

THEN IT'S TIME TO CHOP THE STUFF THAT NEEDS CHOPPING

DICE IT ALL UP AS FINELY AS YOU CAN

THEN GET AT THEM BEANS

BEANS

Red Kidney Beans

15 oz 425g

AND DRAIN AND RINSE

PLACE THE BEANS INTO A BOWL WITH ALL OF THE CHOPPED THINGS AND MASH UNTIL CREAMY

THE BURGER STUFF

Quinoa
¾ Cup 135g

Old Fashioned Oats
¼ Cup 25g

Soy Sauce
1 Tbsp 15ml

Lime Juice
2 Tbsp 30ml

Molasses
2 Tbsp 30ml

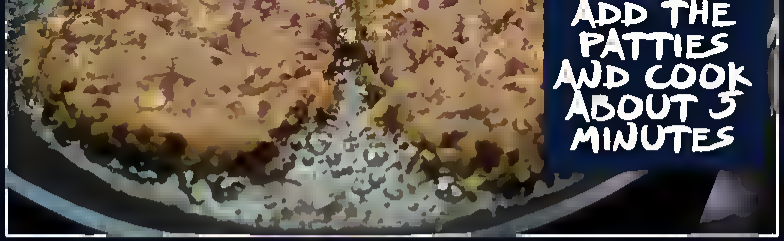
Cinnamon
1 Tsp 3g

Pepper
½ Tsp 1g

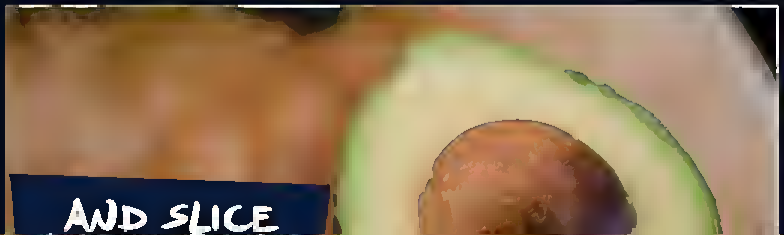
Salt
½ Tsp 2g

ALL-SPICE
NUTMEG
THYME
Allspice
½Tsp 1g
Nutmeg
¼Tsp .5g
Lemon Thyme
½Tsp 1g
THEN ADD ALL OF THE REMAINING BURGER STUFF TO THAT BOWL AND MIX WELL
ONCE IT'S ALL COMBINED EXPERTLY DIVDE THE MIXTURE

INTO FOUR EQUAL-ISH PARTS
AND FASHION THOSE PATTIES
GET A PAN ONTO SOME MEDIUM-HIGH HEAT AND ADD THE OIL
ONCE HOT


ADD THE PATTIES AND COOK ABOUT 3 MINUTES

GET YOUR BUNS TOASTY


AND SLICE

AND DICE AN AVOCADO

AFTER 5 MINUTES FLIP THOSE PATTIES CAREFULLY

AND ADMIRE

WHILE THE OTHER SIDE COOKS FOR ANOTHER 3 MINUTES

THE NOTES

- THIS RECIPE IS INSPIRED BY THE

JAMAICAN JERK VEGGIE BURGERS BY ALISSA SAENZ AT OHMYVEGGIES.COM

- THE PATTIES ARE A LITTLE SQUISHY EVEN WHEN COOKED SO HANDLE WITH CARE, OR THROW AN EGG INTO THE MIX TO HOLD EVERYTHING TOGETHER IF YOU'RE INTO THAT SORT OF THING.

- I WOULD ENCOURAGE EVERYONE, MEAT-EATER OR NOT, TO GIVE THIS A TRY. IT DOESN'T TASTE LIKE MEAT, BUT MAN IT'S DELICIOUS.

- FEEL FREE TO USE NON-VEGAN INGREDIENTS FOR THE SLAW.

- SPEAKING OF THE SLAW, YOU DON'T HAVE TO USE IT OR THE AVOCADO. GO WITH MORE TRADITIONAL TOPPINGS IF YOU LIKE. IT'LL STILL BE GOOD.

AND AS ALWAYS

THANK YOU FOR READING

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